

PERSONAL SYMPTOM CHART

When considering whether or not to begin hormone therapy, a Personal Symptom Chart can be a useful tool for you and your healthcare provider. Charting symptoms on a daily basis will help show the pattern and severity of your symptoms and their relationship to your menstrual cycle or menopause.

The chart is also a useful tool for recording and evaluating changes in your symptoms after beginning a program of hormone therapy. For greatest accuracy, we recommend you set aside a specific time to complete your chart each day. Rate the level at which you experience each symptom, using the scale of: **1 – Mild 2 – Moderate 3 – Severe**

If you do not experience the symptom at all, leave the box blank. After you've carefully charted your symptoms for four or more weeks, discuss your findings with your healthcare provider. Together, you'll be able to see if there is a pattern and discuss treatment options.

And remember — if you have questions, we are always happy to help.

Call us at 866.418.9303 Monday – Friday 8:00am – 4:30pm EST or visit our website: www.trubalancehealthcare.com

PERSONAL SYMPTOM CHART		DAY OF CYCLE																																
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
SYMPTOMS	Food cravings – carbs/salty/sweet																																	
	Headaches or migraine																																	
	Breasts tender/sore/swollen																																	
	Rapid changes in mood																																	
	Low back and/or joint pain																																	
	Warm/flushed skin																																	
	Bloating/water retention																																	
	Fatigue/tired																																	
	Anxiety																																	
	Weight gain																																	
	Irritability/anger																																	
	Muscle weakness																																	
	Depression																																	
	Nervousness																																	
	Lack of energy/endurance																																	
	Acne/oily skin																																	
	Rapid/irregular heartbeat																																	
	Forgetfulness																																	
	Hot flashes/night sweats																																	
	Vaginal dryness/pain/itching																																	
	Trouble controlling urine/leaking																																	
	Lack of sex drive/libido																																	
	Difficulty falling/staying asleep																																	
	Foggy thinking																																	
	Weight loss																																	
Hand tremors																																		
Decreased focus/attention																																		
Heavy or irregular periods																																		
TALLY:																																		

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